

NEW YEAR'S AT ENCOUNTER

stREST

Pastor Bill Heydorn
December 28/29, 2019

MESSAGE NOTES

US Stats:

- 77% experience physical symptoms caused by stress
- 73% experience psychological symptoms caused by stress
- 33% feel they are living with extreme stress
- 76% cited money and work as the leading cause of their stress
- 48% report lying awake at night due to stress
- 31% employed adults have difficulty managing work and family
- 54% cited stress has caused them to fight with people close to them
- 30% cited they are "always" or "often" under stress at work

What happens when we are stressed?

CORTISOL

stREST

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. — Exodus 20:8 – 11

Sabbath:

To rest

To cease

Essentially God is saying: "Be like me."

One Sabbath Jesus was going through the grainfields, and as His disciples walked along, they began to pick some heads of grain. The Pharisees said to Him, "Look, why are they doing what is unlawful on the Sabbath?" He answered, "Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions." Then He said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath." — Mark 2:23 – 28

Time and Stuff

Difficult for us to comprehend time away from creating "stuff"

Cease: Enter into a different way of thinking.

Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light. — Matthew 11:28 – 30

How do we live this out?

Find a new rhythm

Enter the realm of being

Change your narrative

Sacred vs. secular

Work as worship

Slow down

Be fully present

Why is this important?

You are not a machine

Your value does not come from what you produce

Learning how to live with God and others (eternity)

DISCUSSION QUESTIONS

- What is one thing that stuck out to you from the message this weekend?
- Describe your understanding of Sabbath?
- What happens to people when they are not able to slow down and rest?
- Why is it difficult for some people to slow down and rest?
- Do you think it is important to have a specified time of rest in your life?
- Do you believe God expects us to always be doing things for him? Why or why not?
- What is one way you can slow down in your life to focus on the right things?
- What things should you be focusing on in your life that you are not doing right now?
- What is stopping you from focusing where God wants you to?